

ABSTRACT

The present invention relates generally to accident prevention, and more specifically, to a method of, and system for training individuals which reduces the frequency and/or severity of accident occurrences. The invention provides a method of reducing 5 the frequency of industrial accidents comprising the steps of: determining the mental state of an individual at the time of an accident or close call; classifying the cause of the accident as being due to the individual being in one of four hazardous mental states; identifying the state-to-error risk pattern; and teaching the individual to effect critical error reduction techniques, to avoid future occurrences of accidents. The 10 invention also provides a checklist outlining this methodology, for use in accident investigation.